



Please make your reservation by 1:30PM one business day in advance by calling Angie at 303-335-4931, or e-mail brookscafe@louisvilleco.gov Lunch served at 12:00 p.m. Suggested Donation for 60+ is \$3.00; 59 and under, the cost is \$6.25.***Note: All menus are based on availability of food items & substitutions may be made without notice.**

Monday	Tuesday	Wednesday	Thursday	Friday
Chef Salad, Grilled Chicken Salad, Vegetarian Salad, or a Low Gluten (meal prepared in facility with wheat, nuts, and milk) option available upon request.	Need Help with Information Regarding Resources in the Community? Contact Diane Evans at 303-335-4919 for assistance. <i>Need a Ride? Call Via 303-447-9636 \$2 Fare each way.</i>	1 Roast Pork Gravy Sweet Potatoes Mixed Vegetables Whole Wheat Herb Bread Grapes	2 Spaghetti Noodles Meatballs Romaine Tossed Salad Garlic Bread Cherries & Bananas	3 Latte Day Crunchy Fish Tartar Sauce Roasted New Potatoes Apple Glazed Carrots Creamy Coleslaw Whole Wheat Roll
6 Roast Beef Sandwich on Whole Wheat Roll Potato Salad Carrot Raisin Salad Banana	7 Resource Talk Cheese Stuffed Chicken Breast Baked Potato Asparagus Fresh Berries Multigrain Bread	8 Beef Enchilada Spanish Rice Tossed Salad Orange Wedges	9 Baked Cod Tartar Sauce Marinated Green Bean Salad Fresh Fruit Cup with Citrus Sauce Whole Wheat Roll	10 Latte Day Wellness Fair Breakfast Strata Oven Browned Potatoes Scandinavian Vegetables Bran Muffin Banana
13 Smothered Chicken Burrito in Whole Wheat Tortilla Tossed Salad Black Bean Relish Fresh Strawberries	14 Turkey ala King Egg Noodles Peas & Carrots Peaches Whole Wheat Roll	15 Lunch & Learn Salmon with Dill Sauce Oven Browned Potatoes Green Peas Fresh Apple Slices Whole Wheat Roll	16 Beef Pot Pie with Biscuit Topping Acorn Squash Cauliflower Salad Pineapple & Coconut	17 Latte Day Cream of Broccoli Soup Cobb Salad with Raspberry Vinaigrette Whole Apple Whole Wheat Roll
20 Sweet & Sour Pork Buttered Rice Oriental Vegetables Peaches Rice Cakes	21 Tore's Meatloaf Baked Potato Beef Gravy Orange Glazed Beets Almond Peaches Whole Wheat Roll	22 Teriyaki Chicken Roasted Red Potatoes Green Beans Pineapple & Coconut Whole Wheat Roll	23 Birthday Day & Tap Dancers Battered Fried Fish Tartar Sauce Spinach Bake Tossed Salad Pear Halves Whole Wheat Roll	24 Latte Day Karen Dusek's Clarinet Choir Hot Turkey Sandwich Mashed Potatoes Green Beans Carrot Raisin Salad Fresh Melon
27 Roasted Chicken Whipped Sweet Potatoes Green Bean Almandine Ambrosia Salad Whole Wheat Roll	28 Beef Burgundy Egg Noodles Spinach Salad Balsamic Dressing Fresh Strawberries Whole Wheat Roll	29 Baked Ham Baked Potato Fresh Asparagus Almond Peaches Whole Wheat Roll	30 Turkey Rice Casserole Cabbage Raisin Salad Canned Peaches Multigrain Bread	31 Latte Day Happy Halloween & Luci Stanley Performing Hamburgers with Lettuce, Catsup, Tomato & Onion Baked Beans Fresh Strawberries

Birthday Day: Celebrating this month's birthdays! Thursday, October 23rd! **Tap Dancers!**

Latte Day: Join us from 10:45 – 11:45 am for a flavored latte coffee and conversation in the Senior Lounge.

Lunch and Learn: Candace Johnson, RD, presents educational topics at lunch. Topic: Dental Health

Resource Talk: Emergency Preparedness. Presented by Officer Alex Ragulsky Louisville Police Department

Wellness Fair October 10, 9AM to 11AM in Recreation Lobby

Halloween is the 31st! Wear your Costume and the Winner will win a Prize! Lucy Stanley Performing!

